

## Lyme Disease in Tennessee?

Southerners are no longer exempt from this disease whose first cases were diagnosed thirty-five years ago in Lyme, Connecticut. Since then, the parasitic bacteria, *Borrelia burgdorferi* (Bb), has migrated via its hosts from the east coast to the west coast and even to the state of Florida. In deed, Lyme Disease *has reached* Tennessee, including Memphis and its surrounding area. That's the bad news. The good news, if it can be called that, is that the tick must first be attached to its human host at least 24 to 36 hours for the bacterial spirochete to be effectively transmitted to its human host. However, there are other ways people have acquired lyme disease. I will go into more detail in a later article.

This time delay allows many tick bite victims to remove the tick before infection occurs. Proper removal of the tick is essential. Inspection of the tick specimen will reveal its type. There are four kinds of ticks now present in Tennessee: the American dog tick (*Dermacentor variabilis*); the lone star tick (*Amblyomma americanum*); the brown dog tick (*Rhipicephalus sanguineus*); and the deer tick (*Ixodes scapularis*). While the American dog tick is the vector for Rocky Mountain Spotted Fever, it is the nymphal stage of the deer tick which transmits the spirochete leading to Lyme Disease.

Early symptoms of Lyme Disease may include skin rash, fever, headache, muscle soreness, fatigue, memory loss and depression. While many people report a bullseye-shaped rash at the site of the tick bite, there are some who never manifest such a rash. What is unfortunate about this bacterial infection is that its later symptoms are often mis-diagnosed and judged to be arthritis or joint swelling, cardiac abnormalities, central nervous system impairments, and even cognitive or mental disorders. Left untreated or improperly treated, the *Borrelia burgdorferi* infection can lead to chronic, debilitating conditions such as pathogen-induced autoimmune diseases.

The most widely available serological tests to diagnose Lyme Disease are My Lyme Immune I.D. Comprehensive, ELISA test and the Western blot test. Once correctly diagnosed, Lyme Disease is commonly treated with such antibiotics as doxycycline, amoxicillin, and ceftin. Unfortunately, the intake of these and other antibiotics leaves the immune system compromised by creating imbalances in the digestive system's health-

promoting flora. In turn this may cause neurological and other disorders. These imbalances can take years to restore.

What I want to tell you today is that there are alternative, safe, successful treatment plans that doctors around the country are following. Call the Integrative Wellness & Research Center today at (901) 763-7006 to schedule a Neuroscience Comprehensive Lyme Test to evaluate immune cytokines to assess the effectiveness of treatment and baseline diagnosis to the exposure of Lyme Disease. A safe effective treatment will follow to restore your health to balance.

If you are bitten by a tick, you may visit the website, [www.integrativewellness.org](http://www.integrativewellness.org) for instructions on proper tick removal. Also, make sure you save the tick in a ziploc bag or jar of alcohol so that you may obtain help, if necessary, to determine the tick's species.

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